

August 2015

CLIFFSIDE PARK RECREATION PROGRAM

LUNCH

ENJOY YOUR DAY WITH A NUTRITIOUS LUNCH!



Nutrition Tip: Cut-up fruit makes a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapples or melons. Or, try whole fresh berries or grapes.

Reference: USDA. MyPlate.gov

Monday

CHICKEN BREAST AND CHEESE
GRAPE JUICE
PEACH
WHITE BREAD
LOW FAT CHOCOLATE MILK **3**

HAM AND CHEESE **10**
APPLE JUICE
FRESH WATERMELON
WHITE BREAD
1% WHITE MILK

CHICKEN BREAST AND CHEESE **17**
GRAPE JUICE
PEACH
WHITE BREAD
LOW FAT CHOCOLATE MILK

HAM AND CHEESE **24**
APPLE JUICE
FRESH WATERMELON
WHITE BREAD
1% WHITE MILK

CHICKEN BREAST AND CHEESE **31**
GRAPE JUICE
PEACH
WHITE BREAD
LOW FAT CHOCOLATE MILK

Tuesday

BEEF/CHEESE TACO SALAD **4**
APPLE JUICE
BABY CARROTS
WHOLE WHEAT TACO SHELL
1% WHITE MILK

TURKEY BREAST AND CHEESE **11**
ORANGE/PINEAPPLE
CARROTS
WHOLE WHEAT BUN
LOW FAT CHOCOLATE MILK

BEEF/CHEESE TACO SALAD **18**
APPLE JUICE
BABY CARROTS
WHOLE WHEAT TACO SHELL
1% WHITE MILK

TURKEY BREAST AND CHEESE **25**
ORANGE/PINEAPPLE
CARROTS
WHOLE WHEAT BUN
LOW FAT CHOCOLATE MILK



Wednesday

BEEF HAMBURGER **5**
ORANGE/PINEAPPLE JUICE
APPLE
HAMBURGER ROLL
1% WHITE MILK

CHICKEN TENDERS **12**
GRAPE JUICE
PLUM
WHOLE GRAIN BISCUIT
1% WHITE MILK

BEEF HAMBURGER **19**
ORANGE/PINEAPPLE JUICE
APPLE
HAMBURGER ROLL
1% WHITE MILK

CHICKEN TENDERS **26**
GRAPE JUICE
PLUM
WHOLE GRAIN BISCUIT
1% WHITE MILK

Thursday

TURKEY/PASTRAMI **6**
SLIDERS/CHEDDAR CHEESE
100% FRUIT JUICE
CHERRY TOMATOES
SLIDER ROLLS
LOW FAT CHOCOLATE MILK

BEEF HOT DOG **13**
WILD BERRY JUICE
FRESH NECTARINE
HOT DOG ROLL
LOW FAT CHOCOLATE

TURKEY/PASTRAMI **20**
SLIDERS/CHEDDAR CHEESE
100% FRUIT JUICE
CHERRY TOMATOES
SLIDER ROLLS
LOW FAT CHOCOLATE MILK

BEEF HOT DOG **27**
WILD BERRY JUICE
FRESH NECTARINE
HOT DOG ROLL
LOW FAT CHOCOLATE

Friday

CHICKEN TENDERS **7**
ORANGE JUICE
FRESH FRUIT CUP
WHOLE WHEAT SOFT PRETZEL
1% LOW FAT MILK

BEEF & BEAN BURRITO **14**
100% FRUIT JUICE
FRESH BANANA
WHOLE GRAIN TORTILLA
1% WHITE MILK

CHICKEN TENDERS **21**
ORANGE JUICE
FRESH FRUIT CUP
WHOLE WHEAT SOFT PRETZEL
1% LOW FAT MILK

BEEF & BEAN BURRITO **28**
100% FRUIT JUICE
FRESH BANANA
WHOLE GRAIN TORTILLA
1% WHITE MILK

